



BORTON PARTNERS

NEXT LEVEL LEADERSHIP

**COACHING RESILIENCE AND MENTAL TOUGHNESS
IN THE WORKPLACE**

The FAB 5 – Tools and Building Blocks

#1 Self-Regard

#2 Self-Actualization

#3 Optimism

#4 Social Responsibility

#5 Interpersonal Relationships



5 COACHING STRATEGIES TO DEVELOP RESILIENCE & MENTAL TOUGHNESS

1. Energy

2. Self Care

3. Adaptability

4. Sense of Belonging

5. Connectedness
